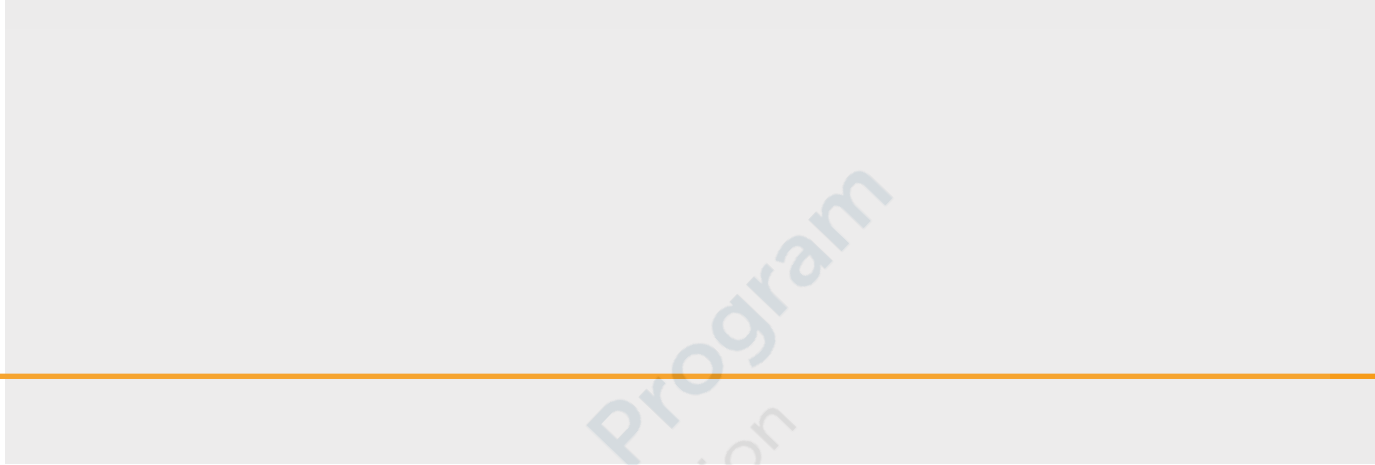


Workbook

Peace Education Program Collection

choice
dignity
clarity
understanding
peace
hope
self-awareness
appreciation
inner strength
contentment



Peace Education Program
The Prem Rawat Foundation

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Welcome

The Peace Education Program may be different from other courses that you've taken. It doesn't teach content, such as gardening, photography, or history. Instead, this course is designed to help you better understand yourself.

The Peace Education Program focuses on 10 themes: Peace, Appreciation, Inner Strength, Self-Awareness, Clarity, Understanding, Dignity, Choice, Hope, and Contentment. Each theme consists of short animated stories and videos drawn from Prem Rawat's international talks, media interviews, and insights from speaking to people around the world for over 50 years.

When you hear the word "peace," you might associate it with world peace, being in a quiet place, or holding up two fingers in a peace sign. The Peace Education Program helps people discover their own inner strength and personal peace.

After viewing the videos, you will have time to reflect on the theme, engage in activities, and respond to the theme from your own understanding. There are no right or wrong answers or tests.

The Peace Education Program is about you discovering you.

We hope that you enjoy it.





“Peace needs to be in everyone’s life.
It is not the world that needs peace; it is people.
When people in the world are at peace within,
the world will be at peace.”

- Prem Rawat



Contents

Welcome to Participants	3
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Themes

Theme 1 Peace	6
Theme 2 Appreciation	8
Theme 3 Inner Strength	10
Theme 4 Self-Awareness	12
Theme 5 Clarity	14
Theme 6 Understanding	16
Theme 7 Dignity	18
Theme 8 Choice	20
Theme 9 Hope	22
Theme 10 Contentment	24

Appendix

Checklist of Themes	26
Links & More Resources	27
Prem Rawat and The Prem Rawat Foundation	28
Acknowledgements	30

"Peace is a possibility because you are alive.
 You can have peace in your life
 because peace is inside of you.
 Peace is a fundamental human need.
 It has to be felt within.

– Prem Rawat

OBJECTIVE

We will explore the possibility
 of personal peace.

PEACE

Where Is Peace?

minutes

"Where is peace? This is the pivotal question.
 The thirst for peace is inside of you."

1:30

The Farmer and the Buried Treasure

"Find that beauty. Dig for the treasure till you find it.
 It's there inside of you."

2:40

A Voice for Peace

"I am a voice for peace. This is a small voice, but
 when it joins with all the people who want peace,
 it becomes a very, very big voice."

9:50

The Finest Achievement

"You have in you both the possibility of bad and
 the possibility of good. The finest achievement
 of a human being is to be in peace."

8:42

Citizens of the Earth

"It is each human being taking responsibility for
 peace that is going to make a difference."

1:43

One Drop

"Just from one drop, peace begins with you."

0:23

notes & reflections

Yearning for Peace

I'm here to talk about something very fundamental. You have a yearning, a yearning to be fulfilled. And that yearning will not go away till you are no more. No matter how many distractions you place in front of you, you will not be able to forget that inner thirst that surfaces again and again.

How strong is the want of one drop to meet back with the ocean? That little drop became steam, floated up, condensed and became a cloud. It traversed thousands and thousands and thousands of miles. Then it fell.

Some of it fell in places where it froze. Now it's trapped! Or is it? No! It's become a glacier. It moves like a river very slowly, but it moves. And all those drops that are caught in that glacier, even though they are frozen, they're moving. Where are they going? To meet, once again, with the ocean that is their source. And they will!

The rainwater in that glacier is pure. It's not salty. Shouldn't the drop say, 'I don't want to mix with you. I am pure, and you are not?' After all, the ocean is salty!

No. The want is so strong to join the ocean again that salty or pure is not an issue. That is simply how it is. There are no dividing lines. It is like the breath that comes and goes, comes and goes, and comes and goes, as though it was one continuous garland.

When you begin to see the dynamics of the drop that wants to join the ocean, that nothing will hold it back, then you begin to understand what peace is all about. And you, too, are a part of that which is everywhere, and you have the yearning to be with it!

That desire is so prevalent, that when the process is not happening, there is a deficit, and that's what creates the lack of peace. And when that process is happening? Peace is there.

Peace doesn't need to be manufactured. Peace doesn't need to be created. Peace doesn't need to be transported. Peace doesn't have to come from anywhere else. Every single human being on the face of this earth has peace.

I want to appreciate my life.

In that appreciation, I can admire the beauty of this life.

This isn't about teaching somebody

how to play the violin. This is about appreciating

what already is playing within you.

– Prem Rawat

OBJECTIVE

We will explore appreciation as an inner resource that can help us enjoy what we have every day.

APPRECIATION

Peace Is a Feeling

minutes

"We try to define peace as something on the outside. What I address is the fundamental peace that resides within every human being."

1:18

25,550 Days

"Do we acknowledge what it means to be alive when we are alive? Or does it only enter our minds when that possibility is no more?"

8:47

Sharing a Dream

"When my heart fills with gratitude, I dream of being thankful, in peace, fulfilled."

9:43

Appreciation

"Appreciate. Admire the most admirable that dwells within your heart. And in that knowing, you will experience freedom like you have never experienced before."

5:27

Welcome Each Day

"What does it mean to appreciate life, to savor each moment, to welcome each day as an opportunity for joy?"

1:30

notes & reflections

Being in Appreciation

There's something very fascinating about human beings. I don't know if you have noticed it, but when a person is feeling good, when a person is happy, content, they act completely different. They become kind. Automatically. You don't have to teach them. They actually become tolerant. They actually become considerate.

If an older person is standing in a bus, and a younger person is sitting down, if the younger one is feeling good, they say, "Here, you take this seat." No problem. A parking lot and two cars want the same space? The happy one gestures to the other person to take the space.

How is it that when happiness rules, people become very, very nice? Simple. Kind. All the things that they lecture us for hours about how we should be: "You should be kind, considerate; you should be this, you should be that." Feeling good? Feeling happy? Automatic. Feeling empty? You don't feel like a human being any more.

How is that? Maybe the clue is that's how you're supposed to be. You're supposed to be in contentment. You're supposed to be in joy. You're supposed to be in appreciation. You are supposed to be witnessing the most incredible of all miracles taking place.

Maybe this life is really about the amazing journey that is happening. Maybe all we need to do is to open our eyes. Awaken. See, understand, and realize what it is – from our heart.

You have given your logic many chances. Maybe it is time to listen to the heart and recognize the simple call to be fulfilled, recognize that what I am looking for is within me. Not outside. How easy it has become for us to look outside for all that we seek. Maybe the time has come to look within.

Whatever is powered out there — the suns, stars, whatever is powered out there — is courtesy of the very thing that resides within you. No different.

Some people say, "Prove it." I would love to. Not by words, but by feeling. Why not by words? With words, I cannot even begin to describe it. And it wouldn't do you any good. For it to do some good to you, you must feel it, too. And that's what's within you.

Something inside of you is greater
than all your goods and bads.
Regardless of how you see yourself,
regardless of how you portray your existence,
regardless of what you have read,
regardless of what you think,
there is something that resides inside of you.

– Prem Rawat

OBJECTIVE

We will explore the innate
quality of inner strength
and its value in life.

INNER STRENGTH

Transforming Lives – Ghana

minutes

"I have been strengthened by the peace program. The Peace Education Program has enlightened me, has given me hope." –A participant

1:00

The Journey

In this journey of life, "you have to walk. If you proceed in clarity, if you proceed with this heart, the journey will not only be successful but very joyful."

8:11

You're the One

"You're the one who wants to be in peace, to be content. You're the one because that is the call of the heart."

8:36

Rhythm of Clarity

"This is your story. The story should have hope, and hope is tied to clarity. This is your story, one breath at a time."

6:19

Beacon

"From the strength inside you, you can change your fortune; you can create a civilized nation, a beacon for the whole world to see and admire."

0:38

notes & reflections

Know Your Strength

There is something inside of you that is greater than the sum of all your goods and all your bads. Regardless of how you see yourself or what you think, there is something that resides inside of you that should be the single point of inspiration for your existence.

Do you know your truest nature? Your truest nature is not violence. Your truest nature is very different than you think. I always say that when a person is feeling good inside, they automatically show the traits that the society wants everyone to show.

Feeling good from the truest place inside is contentment, not just being satisfied. Look up the two words in the dictionary. One of the meanings of the word content is to be in peace. To be in serenity, tranquility. Not satisfaction. Satisfied is: job done. Contentment comes from inside.

Not ideas. Not survival – living in this jungle hoping that some day these trees will fall, the sun will come, and you will be able to become strong. No. You need to be in full bloom. You need to be able in your strength. You need to be in your element.

Because then when you are who you are, when you are in your element, when you are not surviving but thriving, then comes the biggest bonus of them all. Peace. Happiness. Joy. Tranquility. Clarity.

There is a mind and there is a heart — and the heart in you will choose clarity over confusion. The heart will choose peace over turmoil. These are irreversible processes of your existence. This is how your heart is and always has been. This is what your heart has selected again and again and again. And the heart is the place where joy resides.

Whatever your circumstances may be and how bleak and how weak you may be, there is a strength inside of you that is awesome. There is a strength inside of you that would put Superman to shame. You don't know it, so you look for Superman. There's a strength inside of you that can make you out-climb Spiderman. But you don't know it, so you look for Spiderman. Know it. Know that strength.

I have seen that strength, and I am in awe of that strength. I have seen that strength spark in people who I would have thought hardly have a spine. Meek and weak. But when that strength was called upon, it was there. Do you know that strength? To out-climb Spiderman? Out-fly Superman? It's there.

Know your nature. Know your strength. Know who you are — and be that. Then all is in harmony.

You have consciousness in you,
and you have unconsciousness in you.
You have hate in you; you have love in you.
You have clarity in you; you have confusion in you.

– Prem Rawat

OBJECTIVE

We will explore inner strengths and resources that help us become more self-aware.

SELF-AWARENESS

Peace Starts Here

minutes

"The world is made up of people; it is people who need peace. And it is people who will make peace a reality – each one of us."

1:06

The Lion and the Sheep

"One day, a shepherd was guiding his sheep near a jungle, and he came across a poor helpless little lion cub..."

4:08

Know Your Self

"Before you can even begin to tackle the job of making peace with yourself, the question is, 'Who are you? What are you?'"

9:40

You Have the Power

"Who is ultimately responsible for making your life a pleasant experience? You are."

3:45

The Instrument

"Contentment, peace, joy – these are the notes of this instrument when you play it right."

6:12

The Battle

"Within each one of us, there is a battle between two wolves. Which wolf wins? The one you feed."

1:40

notes & reflections

The Mirror

There was a little village, very remote. Not too many people used to go there. People in this village were very, very simple. They did what they had to do.

One day, a tourist arrived in this village. In the morning he took out his mirror and put it up on a wall so he could shave. After he shaved, he forgot the mirror on the wall.

Then an elder person in the village who had gray hair and bright eyes came across the mirror, and he looked at it. He had never seen himself. When he saw this mirror, he was mesmerized. And he said, "Today, I have seen the face of God." He left very happy.

Then came a beautiful young girl. When she saw herself in the mirror, she was taken aback. "I have just seen the most beautiful woman on earth, and when I grow up, this is what I want to look like."

Then came along a man who had lost his father not too long ago, and he looked in the mirror and said, "I saw my father again!" And he took the mirror with him.

Now, these three people got very upset and started to argue. The older man wanted the mirror because he had seen the face of his God. The young girl wanted the mirror because this is what she wanted to look like. And the other man also wanted the mirror because he had seen his father in it.

Before you know it, arguments and fights broke out throughout the whole village, and everybody was unhappy. Whoever looked in the mirror liked what they saw, and they all wanted the mirror for themselves.

Finally, a wise man came by, and seeing this, he asked, "Why are you fighting?"

They said, "Well, I want this thing because this is my God." "This is who I want to be." "This is my father." This is my this, my that.

So he asked to see this magical thing. After looking at it, he called everyone together and said, "Do you know what this is? This is a mirror. What you see in this mirror, what you like in this mirror, is not the mirror. This is just a reflection. What you see is you!"

In our lives, what should we practice?
 Clarity? Understanding? In this life, it matters.
 It matters what you understand
 and what you don't understand.
 It matters what you know
 and what you don't know.
 It matters whether you feel
 contentment or not.

– Prem Rawat

OBJECTIVE

We will explore clarity as an inner resource that can be developed to help us in all aspects of life.

CLARITY

Peace and War

minutes

"Conflict does not begin on the outside. Conflict begins inside."

1:28

The Queen's Necklace

"One day a crow saw the queen's necklace on a hook, picked it up and flew off. Landing on a tree, he dropped it on a low branch, where it dangled over a filthy river..."

4:34

What Is Clarity?

"Do you know your possibility? Do you know the gift you have been given? When you do, that's when you become clear."

9:50

A Human Trait

"Being alive is when a person has a heart full of gratitude, understanding and clarity about the objective of being alive."

8:28

Clarity: The Most Important Component

"In this vehicle of existence, the most precious thing you have is your steering wheel. Keep your eyes open and steer."

1:14

notes & reflections

The Archer and the Oilman

There was a man who was very good at archery. He would shoot his arrow and hit the target. As he went from village to village, people would gather, and he would show them how good he was. He was very proud of himself, "Look at all these people who have come to see me. I am so good! I am so famous!"

One day, he went to a village to show his archery. A big crowd gathered. He shot the arrow and hit the target. Then he shot another arrow and split the first arrow. Everybody clapped. Then a voice from the back said, "It's only a matter of practice."

He was very disturbed. "Who is saying this is just a matter of practice?" After his exhibition, he went looking for this man, and he saw a man sitting on the ground. He had two pots full of oil and a bamboo pole to carry them. He sells oil!

The archer went up to him and said, "Are you the person who said, 'It's only a matter of practice?'"

And the man said, "Yes. I'm the one."

The archer said, "What do you mean 'It's a matter of practice'? I have the power. It's me that can do this — shoot one arrow, split another arrow. This is what they come to watch."

And the oilman said, "Okay, I'll show you." So, he took a bottle, put it down on the ground, picked up a big clay pot and started to pour the oil from the big clay pot, through the neck of the bottle and filled the whole bottle with oil without spilling a single drop! Then he turned to the archer and said, "Now, you try it. You pick up the big pot and you fill the bottle!"

The archer said, "I can't!"

And the oil salesman said, "That's what I mean! You practice archery; you have become good at it. I practice pouring oil; I have become good at it. Whatever we practice the most, we become good at it."

What do you practice? Whatever you practice you will get good at it. So, what do you practice?

When you are touched with admiration, gratitude comes.

When you have gratitude, passion comes.

When you have passion, compassion comes.

When you have compassion,
then you have understanding.

The cycle continues, and
you evolve in this cycle.

– Prem Rawat

OBJECTIVE

We will explore the difference between believing and knowing.

UNDERSTANDING

The Ancient Beat

minutes

"The ancient beat plays within. The endless song is being sung. Be in sync with the drums of your heart."

0:34

The Courage to Understand

"You need to live every single day to its fullest. You are happy because you know yourself. You are happy because you have the courage to understand."

5:43

The Two Parrots

"A person raised two very special parrots and taught them everything he could: formulas, Newton's laws of physics, and great literature, but there was one thing they hadn't learned...."

3:26

What the Heart Is

"Peace emanates from the place called the heart where courage lives, where compassion, clarity and understanding live. This is your reality."

8:48

Miracle

"Life is a gift. I want to understand it as clearly as possible before I lose the ability to understand that this life is a gift."

3:48

notes & reflections

Your Mission

Do you know what is common to every single human being on the face of this earth? You were born, you're alive, and one day you have to die. Everybody. Rich or poor, not an issue. Educated or not, not an issue. Every human being shares these three things. And one more: The coming and the going of this breath.

Each one of you carries a lamp, and when it is lit, there doesn't need to be darkness in your life. There is a sweet, beautiful reality waiting to be discovered inside of you. The time has come in your life to stop doubting and start knowing that you, too, have that lamp in your heart, knowing that you are here for a reason.

Every human being has been placed on this earth with a special mission. Do you know yours? Maybe the mission is to make someone smile. Maybe it is to bring somebody happiness for 30 seconds. Maybe it is to help somebody in this journey of life for half a second.

It begins with you. Find your freedom. Find your peace. It begins with you, not with anybody else. Stop doubting your potential, your reality, your lamp that you carry inside of you.

You have those possibilities. Every day you have to decide, "What is this day going to be like?" And that's the decision you have to make every day because that is what living consciously means. Peace is within you.

Instead of looking outside, look inside, and you will find the freedom that is within you.

I'm not telling you to stop thinking. I'm just telling you to start thinking a different way. Maybe up till now, all you thought about was what you don't have. You need to start thinking about what you do have. And what you have is immeasurable.

I talk from my heart only about what I know to be true. I want you to do the same. Feel your goodness, feel your beauty, feel your joy from within your heart. Don't doubt it; trust it. And you, too, will understand what I am talking about. Live your life consciously. Understand the gifts that you have been given. And accept those gifts that you have been given.

You have the power to change; you have the power to transform. Use it! What else are you going to use it for? You can't make flowers grow with it. All you can do with that power is transform yourself. So, use it to transform yourself, to fulfill that purpose in your life.

This is my world. How can I make my world a better place? How can I bring a smile to people's faces? Peace is just one part of it. Peace is essential, but being aware and conscious of what you're doing in this world is also very, very important.

Dignity is that elbow room
that every human being needs.

We are so different, but we all have the same thirst.

Ultimately, we want to know.

– Prem Rawat

OBJECTIVE

We will recognize that there is an innate dignity in being alive, regardless of circumstances.

DIGNITY

Peace Is a Fundamental Right

minutes

"What I say to people – and this is where my message is so different – is that peace is fundamental to human beings. You have to discover it within you."

4:41

The Box

"If you had the knowledge that inside this box is the world's most precious diamond, you would know this is no ordinary box. This is a very special box."

1:57

Ibarra Peace Forum

"Learn to respect yourself. Become beautiful, strong, from the inside."

6:58

Your Kingdom

"You are the sovereign king of your world within you. In your world, are your citizens content? Do people prosper?"

7:06

A Possibility

"This is a possibility that is being awakened because that which you are looking for is already inside of you. This is introducing you to you."

2:29

notes & reflections

Dignity

In the middle of all this progress that we have made, there is one thing that is not progressing, and that is peace, the dignity of human beings. And this is something that should give cause for concern to all of us.

I have dedicated my voice for over five decades to awaken in people this one missing element. The rest of it we can figure out. We can figure out how to get to the moon. We can make vehicles that can go underwater. We know how to produce credit cards. We can make cameras smaller and smaller. As far as technology is concerned, nobody needs my help.

There are more religions in this world than ever before. There are more universities than ever before. There are more countries and more people than ever before, and yet the billions and billions of people on this earth do not know how to come together and put aside their differences. We seem to be learning how to create more differences.

I'm afraid that the road that humanity is on right now does not go anywhere. It is our diversity that makes us who we are. These days the causes of humanity outweigh humanity itself, and this has weakened the bridges, eroded the roads, and killed the peace that human beings need to feel for themselves.

It is very, very important for all of us to join, in whatever way we can — through our understanding, our perseverance — to increase the consciousness, the awareness of the people of this whole world, to try to come together and tackle the issues that divide humanity.

And so today I am being challenged to take this voice even further, so there can be a difference.

We are each given seeds.
 There is a seed of anger and a seed of kindness.
 There is a seed of love and a seed of hate.
 There is a seed of understanding
 and a seed of confusion. How restful it will be
 in your garden of life depends on
 what kind of seeds you sow.

– Prem Rawat

OBJECTIVE

We will recognize that we have freedom and power to make choices, and these daily choices affect well-being.

CHOICE

Your Secret Weapon

minutes

"You have a secret weapon – the most powerful weapon on the face of this earth. And that weapon is choice."

1:20

The Ant Story

"There were two ants. When they met, one ant said, 'I am from the sugar hill.' The other ant said, 'I am from the salt hill. What does your sugar taste like?'"

3:51

The Power of Choice

"All your life, you're going to have to make choices. And you are where you are because of the consequences of the choices you have made."

11:40

Your Choice

"Choose peace over chaos. Choose love over hate. Choose respect over disregard. Choose clarity over confusion. And you will find your power."

4:30

Power to Transform

"Every single human being has the power to transform."

4:48

Just Right

"This is your time on this magnificent earth. Wasted, and it's too short. Lamented, and it's too long. Fulfilled, and it is just right."

0:26

notes & reflections

What Do You Choose?

If I were to ask you, "What is the experience of being alive?" you would be shocked. I mean, nobody asks you that. They ask: "Where are you going?" "Where's your ticket?" "What's your shoe size?" "Are you married or single?" "Are you feeling well?"

What is my experience of being alive? I've had good days, and I've had bad days. I've had challenges, and I have had easy times. Some things I would change; some things I wouldn't change. But every day that I've been alive is an opportunity.

I have a choice. I can make an effort every day to be fulfilled. This is not about other people; it's about me. I need to live in this world, and I need to experience, not just think.

There is the possibility to make the choice to capture the day, to make the choice to be fulfilled. Instead of being victimized, we can understand our own strength, each one of us.

On one hand, we are human. We have anger in us. We have fear in us. But we also have forgiveness in us, and we have understanding in us. Life is not a problem. It is how you use this time. Whatever you choose, the day is still going to happen. It's not the day that it's about. It's about now, what you choose in your life.

You've looked at your problems. And your problems have really been that you had a plan, and things didn't go according to your plan. When things went according to your plan, no problem. But regardless, you've been alive all those days.

Is there a problem so big that it cannot be solved? Absolutely not. Every human being has the capacity to understand and to change and cause that change to happen. If we're talking about moving the orbit of the moon, or moving the sun a little bit further away, or changing the ocean to fresh water, that would be very difficult. But we're talking about something that is very changeable.

We have been telling people what they cannot do. We have to start telling people what they can do. We have to increase their understanding. We have to empower people. We have to give people choice! That's your power – choice!

Look at the world today. It is a direct result of the choices that people made. Nothing just happens. If you're having a good day, it's because you chose to do something that has brought you happiness. If you feel sad, you chose to do something that has brought you sadness. We choose! And these are the effects all around us.

What do you choose? Do you choose to have peace in your life, to realize your potential, to realize your possibility? Or do you choose to be a victim and say, "Well, this is how it is."

Time encapsulates what you do. It does not tell you what to do. It's up to you what you do. We have a choice, and that's what makes us human. We can choose!

Look within you.

The fight is within you,

and the resolution is within you.

The war is within you, and the peace is within you.

The bad is within you, but the good is within you.

– Prem Rawat

OBJECTIVE

We will understand that hope is an inner resource available to everyone, and that it can assist in moving through challenging times.

HOPE

Peace Begins with You

minutes

"We need to look at ourselves as the source of peace. If we take that approach, peace will come."

1:38

The Seed

"We have been given an incredible opportunity, an incredible field. It is the field of life. Nothing has been planted, but it is capable of growing anything."

4:44

Hope Comes In

When people "understand that they're the angel that can change their lives, nothing is the same anymore. Doors go wide open; hope comes in."

8:50

Always Remember

"It is not about the length of the night, but that the sun does rise and the morning does come. It's not about the lists of the failures, but about each success that took place."

9:02

notes & reflections

Find the Dream

I have something very special to tell you: there is hope every day. It is not a matter of years or months or weeks. It is not about tomorrow, and it's not about yesterday.

This breath comes into you — and it brings you the gift of life — every day. And every day that you are alive is the possibility to make heaven for yourself here on this earth. It is not someone else's responsibility; it's your responsibility. Because you are the only one on the face of this earth who can do that.

I travel and speak to so many people. Everybody's waiting for something. "This will change, then I will be happy. This will change, then I will be happy."

We always compare whatever happens on the outside to life. "I am successful; I am not successful." "I am here; I am not there. I am this; I'm that." The sun rises, and it shines for everyone. Everyone. It doesn't say, "Are you a Christian? Are you a Muslim? Are you a Hindu? Are you good? Are you bad? Are you this? Are you that?" It shines for everyone.

You are the one who can make yourself happy. You may not be able to make a heaven for somebody else. But I know who you can make a heaven for — and that is you. You!

This is about hope. This is the gift that life offers you. Every day! Do you know how to accept it? See hope every day? That is the opportunity you have...to make it right, not wrong. To make it right every single day of your life.

Maybe you think there are barriers. But everyone has created a jail for themselves, a prison in which they live, hoping and waiting to get out of it. Bars, not made out of metal but made out of hatred.

Look what's happening in this world. People are killing each other. In the name of who? In the name of God! How can that be? Incomprehensible! But it happens every single day. And that same God, from mercy, has created the most beautiful universe that you can imagine.

Maybe every single one of your dreams has not come true yet. But that doesn't mean it won't. Find the dream. Find the dream that is the most important to you, and you will find that this dream isn't to climb on top of the world; this dream is to be fulfilled.

Be. Be with the good. Not the bad thoughts and negativity. The good. You know, spring is coming. All that was dormant has begun, slowly but surely, to awaken. And little green buds will soon begin to sprout.

When you have ideas of how to be fulfilled,
you try to fulfill the ideas of fulfillment.
And when you get there, you are shocked,
because you have fulfilled the idea, but
you didn't find the fulfillment.
Chase fulfillment—not the idea.

– Prem Rawat

OBJECTIVE

We will explore the possibility
that contentment can be felt,
regardless of what happens in life.

CONTENTMENT

Prem Rawat Peace Day Message

minutes

"It is time now for peace in the heart of all human beings. This is what our hearts have desired for such a long time."

1:51

Zero

"You are one. When you give priority to everything else, you remain one. It's a matter of priority, of where you put the one and the zero."

6:44

When the Heart Is Full

"When the heart is full, when there is true joy emerging from inside, nobody has to write a book on how to be happy."

7:30

The Sound of Being Content

"Do you want to hear the sound of being content? You don't need ears to hear it. All you have to do is be in touch with who you are."

8:48

Just Be

"The heart always says one thing: be content, be happy, be in that enjoyment. Be, just be."

0:32

notes & reflections

Road to Fulfillment

People leave their homes and make great journeys. We go to so many places. We travel thousands and thousands of miles, and then they come back home. But where are we going? Wherever we go, we're still on Earth.

And the Earth is traveling; it's moving. But nobody knows where it's going. So we are all travelers in this huge universe. Some people say, "I'm going to travel today to my office." Some say, "Today is my day off; I'm going to stay home." And all those people who are traveling and who are not traveling are still traveling. We have GPS and charts and fancy navigation systems, but we don't know where we are going, because this planet Earth is traveling, and nobody knows where it is headed, where is its final destination in space.

In this "journey," there are so many journeys, so many paths, and you have to choose. So many steps will be taken, and yet, there is one journey, one little journey that is all about you. You. All other journeys? I don't know. I don't know where planet Earth is headed.

I'm not here to tell you what's good or bad or to try to convince you of anything. I'm here to tell you about a journey that you are already undertaking. And I want this journey to be as beautiful as it can be for you. This

journey you will only take once. Once. And because it will only happen once, it should be as beautiful as it can be. No exceptions.

This journey is the journey of a lifetime. Your lifetime. It's not about your ideas, because your ideas will change as the seasons do. This little vessel has been put on this river to make this journey, to make it possible. People always ask, "In this journey, what is the destination?" And some say, "Oh, the journey is the destination."

What is the destination? Being fulfilled is the point of this journey. To be fulfilled. It's not to go, or to come, or to travel, or to sightsee... but to be fulfilled.

Are you fulfilled? There is no scale for fulfillment because if you have one-one-billionth of fulfillment, it is the same as having a universe full of fulfillment. That's how it is. There is no, "Well, I'm slightly fulfilled."

Sometimes people have ideas of how to be fulfilled. And when you have ideas of how to be fulfilled, then you try to fulfill the ideas of fulfillment. Then when you get there, you are shocked, because you have fulfilled the idea, but you didn't find the fulfillment. So chase fulfillment, not the idea. You can be fulfilled.

Checklist of Themes

✓		1
☐	1 Peace	___/___/___
☐	2 Appreciation	___/___/___
☐	3 Inner Strength	___/___/___
☐	4 Self-Awareness	___/___/___
☐	5 Clarity	___/___/___
☐	6 Understanding	___/___/___
☐	7 Dignity	___/___/___
☐	8 Choice	___/___/___
☐	9 Hope	___/___/___
☐	10 Contentment	___/___/___

The checklist has been provided as a convenient way for you to mark which themes you have completed.



Peace Education Program
The Prem Rawat Foundation

More about Prem Rawat and his work

Prem Rawat
www.premrawat.com

The Prem Rawat Foundation (TPRF)
www.tprf.org

The Peace Education Program
www.tprf.org/peace-education-program

The Prem Rawat Official YouTube Channel
www.youtube.com/premrawatofficial

Food for People
www.tprf.org/food-for-people

Prem Rawat and The Prem Rawat Foundation

Prem Rawat's presentations resonate with audiences from all walks of life, regardless of their education, beliefs, age, culture, or economic status. He is an author and widely recognized international speaker on the topic of personal peace and has traveled the world speaking to people in large and small gatherings for over 50 years. He is also the inspiration for the ***Pledge to Peace***, a call to peaceful action, signed by 37 institutions and launched at the European Parliament.

Prem Rawat was awarded the BrandLaureate Lifetime Achievement Award, reserved for people whose actions and work have positively impacted the lives of people and the world at large. Other recipients of this prestigious award include Nelson Mandela and Archbishop Desmond Tutu.

In 2001, he founded a public charity, The Prem Rawat Foundation (TPRF), advancing dignity, peace, and prosperity by addressing the fundamental human needs of food, water, and peace. One of the Foundation's signature programs

is the **Peace Education Program**, which was first developed in 2012, and has been presented in over 70 countries and translated into over 30 languages.

A second signature program of TPRF is **Food for People**, a model program that provides clean water and hot nutritious meals in the local cuisine to children and ailing adults. As a result, communities previously caught in a downward spiral of poverty have seen improved health, increased school attendance, and steady economic growth.

In addition, TPRF provides essential food, water, medical care, and other aid to help people recover from emergencies with dignity. The foundation also provides free medical eye clinics in India and Nepal.

Prem and his wife live in Southern California, and they have four children and four grandchildren.





Acknowledgements



Excerpts and Quotes

Selected from Prem Rawat's international addresses.

TPRF Peace Education Program Development Team

Catherine Gavigan

Rosie Lee

Sherry Weinstein

Mary Wishard

Thom Adorney

Willow Baker

Lynne Laffie

Graphic Design

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The Prem Rawat Foundation



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